



Guide

School sports challenges

Basketball | Level 2

**Ce programme est rendu possible grâce au soutien financier
du Groupe Banque TD et de la Fondation Bon départ de Canadian Tire.**



RULES FOR THE BASKETBALL CHALLENGE



1 – Steps for the Basketball challenge Level 2

The athlete must position himself at the 3-point line.

Steps for athletes without physical disabilities:

- Dribbling 5 times with the left hand below the knee.
- Dribbling 5 times with the left hand above the knee.
- Perform a 180-degree pivot.
- Simulate passing with both hands on the ball.
- Dribbling 5 times with the right hand below the knee.
- Dribbling 5 times with the right hand above the knee.
- Make a 180 degree pivot
- Make a passing simulation with both hands on the ball.
- Dribbling in a V with the ball by passing it from right hand to left hand under the knees and vice versa 5 times.
- Dribbling in V with the ball by passing it from left hand to right hand above the knees 5 times.
- Dribbling forward and scoring a basket. Rebound if necessary.

Rules:

- The stopwatch starts as soon as the ball hits the ground on the first dribble.
- The stopwatch stops as soon as the athlete makes a successful basket or after their second attempt.

Steps for athletes with standing and visual impairments:

- Dribbling 5 times with the left hand below the knee.
- Dribbling 5 times with the left hand above the knee.
- Perform a 180-degree pivot.
- Make a passing simulation with both hands on the ball.
- Dribbling 5 times with the right hand below the knee.
- Dribbling 5 times with the right hand above the knee.
- Make a 180 degree pivot
- Make a passing simulation with both hands on the ball.
- Dribbling in V with the ball by passing it from right hand to left hand under the knees 5 times.
- Dribbling in V with the ball by passing it from left hand to his left hand above the knees 5 times.
- Dribbling forward and throwing to the basket.



Rules:

- The stopwatch starts as soon as the ball touches the ground on the first dribble.
- The stopwatch stops as soon as the athlete has thrown the ball to the basket.
- A standing athlete with a limitation preventing them from dribbling with either arm may use the same hand for all these exercises (including V dribble).

Steps for wheelchair athletes, with mobility aids, division 2 physical limitations and severe/deep intellectual disability:

- Dribble 2 times with the right hand and catch the ball.
- Pivots 90 degrees to the right, simulates a pass and comes back to face the basket.
- Dribble 2 times with the left hand and catch the ball.
- Pivots 90 degrees to the left, simulates a pass and comes back to face the basket.
- Throw to the basket.

Rules:

- The stopwatch starts as soon as the ball touches the ground on the first dribble.
- The stopwatch stops as soon as the athlete has thrown the ball to the basket.



2 – Penalties

Action	Penalties
Failure to comply with the specific instructions of a step	3 seconds will be added to the total time recorded for the event (per instruction not respected)
Failure to complete a step	10 seconds will be added to the total recorded time of the event.

3 – Videos

<https://youtu.be/fwWRWzBUUtM>

Faut que ça bouge !
Let's get moving!





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